

Urbana Senior Center

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June Program Highlights

Picnic – Urbana District Park

The Urbana Senior Center is hosting a picnic for all the Frederick County Senior Centers. Picnic lunch: hotdogs, baked beans, coleslaw, watermelon and brownie. Door prizes! Bingo!

Date: Wednesday, June 5

Sign-up by Friday, May 24

Time: 10:30 a.m. – 1:30 p.m.

Lunch is served at 11:30 a.m.

Cost: \$5.00 (suggested lunch contribution)

Healthy Sleep Habits

Have trouble falling asleep? Staying asleep? Join us for a talk on how to develop healthy sleep habits.

Date: Wednesday, June 12

Time: 12:45 p.m.

Cost: Free

Mobile Information and Assistance (I&A)

A team from Md Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Wednesday, June 12

Time: 10:00 a.m. **Cost:** Free

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesday, June 11 & 25

Time: 1:00 p.m. **Cost:** Free

Date: Wednesday, June 19

Time: 11:30 a.m. **Cost:** Free

Nutrition and Herbs for Brain Health

Do you feel like your brain has changed since you have gotten older? Join us for a discussion about how our brains change with age. Learn how certain food and herbs might improve brain health. This program is presented by Susan Hirsch, a licensed nutritionist and clinical herbalist with Grow Wisdom Herbs.

Date: Wednesday, June 26

Time: 1:00 p.m.

Cost: Free

International Greetings

Help us fill our bulletin board with “hello” in different languages. Come share your country’s greeting with us. You are also invited to bring something from your country (or from your travels) to help make our seasonal tree an international tree.

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Nurse Steve’s talk will be “How can I keep these old bones healthy and working well?”

Date: Wednesday, June 19

Sign-up by Monday, June 17

Time: Noon

Cost: \$4.80 (Regular meal cost)

Tuesday Evening Meal

Each Tuesday we gather together for an evening meal.

Date: Pizza: Tuesday, June 4, 18, & 25

Hot dogs: Tuesday, June 11

Sign-up by the Monday before

Time: 5:30 p.m.

Cost: \$4.80 (Regular meal cost)